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EDITOR'S PEN

Gary Barg, Editor-in-Chief

Valentine's Day for Family Caregivers: Giving to those who give the most

Nobody in your life is as full of as deserving of love as a family caregiver. The problem is that we caregivers tend to take ourselves out of the ever important Circle of Care while always making sure our loved ones for whom we care have everything they need. [...more](#)

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American Heart Month

February is American Heart Month, which serves as a time for caregivers to focus on their family's heart health, especially the health of loved ones who have had a recent heart attack.

After a heart attack, caregivers play a tremendous role in helping patients cope with what's next, which includes transitioning from hospital to home and the long – and sometimes overwhelming – road ahead. Caregiving after a heart attack is especially important because there's a misconception that a heart attack is a singular event, but patients who have had a heart attack are at increased risk for having another. [...more](#)

GUEST ARTICLE

Are You a Type D Personality? Here's the Antidote

By Debbie Mandel

Most of us feel frustrated when we think we have no control over what is happening to us. Living in ambiguity or uncertainty, we turn to our crystal balls and forecast gloom and doom in our lives. We tend to create a fictional certainty to counteract the ambiguity and usually this version of "our certainty" ends in failure. Anticipating a negative outcome, we bring it on ourselves, or at best waste precious time dreading the outcome which luckily never happens the way we imagine it would! This hopeless and helpless attitude is not only stressful, but terribly unhealthy for us and those in our care! [...more](#)

CARETIPS

Matters of the Heart Reclaiming Intimacy After a Heart Attack

By Mary Damiano

One of the biggest issues caregivers face when their loved one is recovering

from a heart attack is resuming intimacy. One reason for this is the myth that sexual activity can bring on another attack.

While there are cases—the most famous perhaps, is ex-Vice President Nelson Rockefeller having a heart attack and dying while in the act with his mistress—cardiologists agree that sexual activity for people who have had heart attacks is no more strenuous than climbing two flights of stairs. [...more](#)

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CAREVERSES

Jane

By Frank Benoit

Living with a person who has dementia
Is like dealing with someone in absentia.
She is not the girl you used to know;
Not the same personality - oh no!

You remember traits that attracted you to her,
And wonder how they disappeared for sure;
The smile – the brightness – that were her trademark
What happened to dispel that spark?
What caused the memory of years to be erased
Where her mind once had them placed?

Your life together is suddenly askew,
And changes abound in what you do.
The days you shared in plans and active living
Soon evolve into constant care-giving.
Empathy for your wife is surely felt,
But you have to play the hand you are dealt!

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